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Dear Consumer Wellness Center,

Thanks to a grant from Consumer Wellness Center Nutritional Grant Program, students with autism at Oakstone Academy are learning more about nutrition than ever before. With the addition of cooking supplies such as cookie sheets, mixing bowls, oven mitts, a hand mixer, a blender and a food processor; staff are able to expand the nutrition lessons to reach every student. For example, one group of middle school students agreed to try something new by learning how to make fruit smoothies. To demonstrate the lesson, each student was given the ingredients needed for a nutritious and great tasting concoction: frozen yogurt, skim milk and frozen berries. While some students were frightened to try something new (the process of making it and tasting it) the end result was very positive. All of the students enjoyed what they made and had the opportunity to experience success on several fronts: overcoming intense sensory impairments by tasting and experiencing new textures and taking the initiative to prepare a nutritious snack for themselves.

One might wonder how children with autism, who have trouble reading and can have severe sensory issues, are able to learn how to cook nutritious meals by following a real recipe. The answer: by providing easy-to-follow visual prompts, our teachers created recipes that allowed even our most challenged students to be successful. (See attached example.) In addition, teachers assured a good experience for the students by allowing them to choose ingredients that they already enjoy and tolerate. In another example, teachers helped students expand their diet by using a key ingredient like mayonnaise to help ease the transition from one kind of vegetable to another.

This class also made fruit salad where students were able to select from a variety of fruits from crunchy to soft, based on their sensory needs. This positive experience will help serve as a building block as these students learn to accept more variations of fruits into their diet.

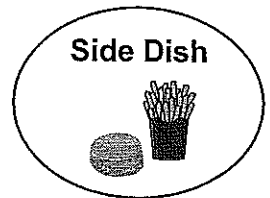
Thanks to the Consumer Wellness Center, we have been able to create a program that is having a wonderful impact on our students' well being. We appreciate your support and will continue to share our nutrition activities with you through out the rest of the school year.

Thank you,

Amy Price



# recipe page



Side Dish

Serves 8

## Wall - dorf

## Salad

NEED



- dorf



4 large, red apples,  
cored and chopped



1 C chopped celery



1 C raisins



1 C chopped walnuts  
(optional)



1/2 C mayonnaise



large bowl



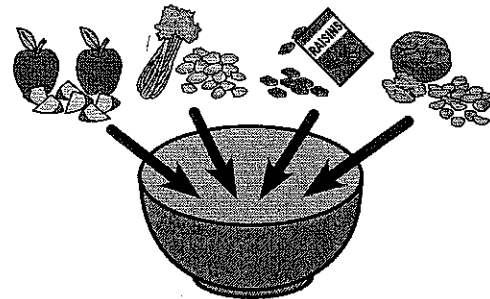
spoon



8 forks and bowls



1. Put apples, celery, raisins and walnuts into bowl.



2. Stir in mayonnaise.



3. Serve in bowls.



4. Eat

